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Sent: Monday, January 31, 2011 9:41 AM
To: James (DPH) Hanchett; Joelleen; Teresa; Tisha; Tracy; linda rowly
Subject: Fw: Written By A Cop -Could Save Your Life

----- Forwarded Message -----

From: JOANNE DOTEN <jodoten1008@yahoo.com>
To: Wanda Young <tizadilly@roadrunner.com>
Sent: Sat, January 29, 2011 3:56:30 PM
Subject: Fw: Written By A Cop -Could Save Your Life

WRITTEN BY A COP - IT COULD SAVE YOUR LIFE

Everyone should take 5 minutes to read this. It may save your life or a loved one's life.

**In daylight hours, refresh yourself
of these things to do
in an emergency situation...
This is for you,
and for you to share
with your wife,
your children,
everyone you know.**

**After reading these 9 crucial tips,
forward them to someone you care about.**

**It never hurts to be careful
in this crazy world we live in.**

1. Tip from *Tae Kwon Do* :

**The elbow is the strongest point
on your body.**

If you are close enough to use it, do!

2.. Learned this from a tourist guide.

**If a robber asks for your wallet and/or purse,
DO NOT HAND IT TO HIM.**

Toss it away from you....

**Chances are that he is more interested
in your wallet and/or purse than you,**

and he will go for the wallet/purse.

RUN LIKE MAD IN THE OTHER DIRECTION!

3. If you are ever thrown into the trunk of a car,

kick out the back tail lights and stick your arm out the hole

and start waving like crazy..

The driver won't see you, but everybody else will.

This has saved lives.

4. Women have a tendency to get into their cars

after shopping, eating, working, etc., and just sit

(doing their check book, or making a list, etc.

DON'T DO THIS!)

The predator will be watching you, and this

is the perfect opportunity for him to get in

on the passenger side, put a gun to your head,

and tell you where to go.

AS SOON AS YOU GET INTO YOUR CAR,

LOCK THE DOORS AND LEAVE..

If someone

is in the car

with a gun

to your head

DO NOT DRIVE OFF,

Repeat:

DO NOT DRIVE OFF!

Instead gun the engine

and speed into anything, wrecking the car.

Your Air Bag will save you.

If the person is in the back seat

they will get the worst of it.

As soon as the car crashes

bail out and run.

It is better than having them find your body

in a remote location.

5. A few notes about getting

into your car in a parking lot,

or parking garage:

A.) Be aware:

look around you,

look into your car,

at the passenger side floor,

and in the back seat.

B.) If you are parked next to a big van,

enter your car from the passenger door.

Most serial killers attack their victims

by pulling them into their vans while the women

are attempting to get into their cars.

C.) Look at the car

parked on the driver's side of your vehicle,

and the passenger side... If a male is sitting alone

in the seat nearest your car, you may want to walk back

into the mall, or work, and get a

guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. ALWAYS take the elevator

instead of the stairs.

Stairwells are horrible places to be alone

and the perfect crime spot.

This is especially true at NIGHT!)

7. If the predator has a gun

and you are not under his control,

ALWAYS RUN!

The predator will only hit you (a running target)

4 in 100 times; and even then,

it most likely WILL NOT be a vital organ..

RUN, Preferably in a zig -zag pattern!

8. As women, we are always trying

to be sympathetic:

STOP

It may get you raped, or killed.

**Ted Bundy, the serial killer, was a good-looking,
well educated man, who ALWAYS played
on the sympathies of unsuspecting women.
He walked with a cane, or a limp, and often
asked 'for help' into his vehicle or with his vehicle,
which is when he abducted
his next victim.**

9. Another Safety Point:

**Someone just told me that her friend heard
a crying baby on her porch the night before last,
and she called the police because it was late
and she thought it was weird.. The police told her
'Whatever you do, DO NOT
open the door.'**

**The lady then said that it sounded like the baby
had crawled near a window, and she was worried
that it would crawl to the street and get run over.**

**The policeman said, 'We already have a unit on the way,
whatever you do, DO NOT open the door.'
He told her that they think a serial killer
has a baby's cry recorded and uses it to coax
women out of their homes thinking that someone
dropped off a baby... He said they have not verified it,
but have had several calls by women saying that
they hear baby's cries outside their doors
when they're home alone at night.**

10. Water scam!

**If you wake up in the middle
of the night to hear all your taps outside running or what you think is a
burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your
outside taps full ball so that you will go out to investigate and
then attack.**

Stay alert, keep safe, and look out for your neighbors!

Please pass this on

**This e-mail should probably be taken seriously because
the Crying Baby Theory was mentioned on
America 's Most Wanted when they profiled
the serial killer in Louisiana**

I'd like you to forward this to all the women you know.

It may save a life. A candle is not dimmed by lighting another candle..

**I was going to send this to the ladies only,
but guys, if you love your mothers, wives, sisters, daughters, etc.,
you may want to pass it onto them, as well.**

**Send this to any woman you know that may need
to be reminded that the world we live in has a lot of crazies in it
and it's better to be safe than sorry..**

**Everyone should take 5 minutes to read this. It may save your life or
a loved one's life**